

IOWA

Scanlan Center for School Mental Health

ADAPTED THERAPY GROUP

**mindfulness and emotion regulation
skills for special education students**

The Scanlan Center for School Mental Health Clinic is excited to offer an Adapted Therapy Group for ages 16 to transition years for students receiving special education supports in Iowa.

Group offerings will be posted on our website. Participants are expected to join for sessions.

Participation in this group is voluntary. Consent is required.

skill development

- **Mindfulness**
- **Strategies to manage intense emotions**
- **Recognizing sensations, thoughts, and actions associated with various emotions**

→ scsmh.education.uiowa.edu/clinical-services